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NEWS WORTH SHARING.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

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GET ANSWERS

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

"what is the recipe for your chicken nuggets?"

NICK R. *Ottawa, ON*

Our answer:
Our Chicken McNuggets are made with chicken breast and a few seasonings, along with a natural proportion of chicken skin, used for both flavour and as a binder. They're then coated in our tempura-style batter and cooked in 100% vegetable oil.

"Why do all your "McNuggets" look exactly the same?"

BRAYDEN H. *Canada*

Our answer:
Hi there, Brayden. Look closer: our Chicken McNuggets aren't quite the same. We actually have four different shapes of McNuggets – the ball, boot, bell and bow-tie. The reason that we make our Chicken McNuggets similar in dimension is to ensure consistency. Consistency of shape guarantees portion control and consistent cooking times for food safety.

"Is there any alien in the chicken nuggets?"

SEAN F. *Edmonton, AB*

Our answer:
There are no aliens in our Chicken McNuggets, Sean. Our McNuggets are made of seasoned chicken breast and a few seasonings, along with a natural proportion of skin for flavour and as a binder. The only thing out of this world about our Chicken McNuggets is the flavour.

"Do you use deformed chickens in your chicken nuggets?"

KURTLIN H. *Edmonton, AB*

Our answer:
No, deformed chickens are not used to produce any of our products.
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"what parts of the chicken do you use?"

CATHERINE P. *Ottawa, ON*

Our answer:
The delicious ones, Catherine! We use only the breast, thigh, and leg in our sandwiches and McNuggets. Here's how it breaks down specifically: For Chicken McNuggets – chicken breast and a natural proportion of chicken skin; for McChicken – chicken breast, thigh and leg; for Junior Chicken – chicken breast, thigh and leg; for Crispy McBistro – chicken breast; for Grilled McBistro – chicken breast; for Snack Wrap Chicken, grilled or crispy – chicken breast.

"do you feed your chicken growth hormones?!"

KAITLIN M. *Winnipeg, MB*

Our answer:
Hi Kaitlin. No, the chickens that are used for our product are not raised on growth hormones. The practice is actually illegal in Canada and has been since the 1960s.

"Do you use chicken breast?"

HEATHER E. *Toronto, ON*

Our answer:
Hi Heather. Yes, we use chicken breast in several of our menu items. Our Chicken McNuggets are made with seasoned chicken breast and a natural proportion of chicken skin used as a binder. Our McChicken and Junior Chicken patties are a combination of breast, thigh and leg meat. And our McBistro sandwiches are made from seasoned portions of chicken breast. You can also get chicken breast in our snack wraps and salads. All white meat. All delicious.

"is the chicken real or pink sludge"

LIAM M. *Brampton, ON*

Our answer:
Hi Liam. No, our chicken is not made from pink sludge. All of our chicken products, from our McChicken sandwich to our iconic Chicken McNuggets, are made with real chicken meat from the breast, leg and thigh. Our McNuggets also have a natural proportion of chicken skin as a binder.

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Looking to grow

University of Calgary officials are planning to ratchet up expansion of its Schulich School of Engineering 'as soon as possible' PAGE 4

Anarchopanda fights fines

Unofficial mascot of Quebec student protests takes on no-masks bylaw PAGE 11

A WORKOUT WITH PUNCH

FAST & FURIOUS STAR (AND MMA FIGHTER) GINA CARANO DISHES ON THE TRAINING AND DIET REGIME THAT LETS HER KEEP UP WITH THE ROCK PAGE 21

Alberta police push for DNA tests upon arrest

'Potential issues.'
Province's solicitor general says he will watch pitch to feds closely

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Along with fingerprinting and photographing, cops should be also be able to swab suspected criminals' cheeks for DNA as part of the routine booking procedure, police representatives in Alberta say.

Armed with its "Legislative and Police Strategy Targeting Repeat and High Risk Offenders," the Alberta Federation of Police Associations recently went before federal MPs to call for reforms in DNA collection, parole authorization and other areas of law enforcement.

Chief among the items in the proposal is changing the point of DNA collection from the point of conviction — and subsequent court order — to the time of arrest.

The thinking, according to newly elected federation director Paul Wozney, is to speed up potential solving of other cases, cut down on the "maze" of court procedures to obtain a warrant for DNA, and expand the list for when a cheek swab can occur to include any indictable offence.

Quoted

"We have a constitutional presumption of innocence in this country.... The gathering of DNA should only be gathered for people convicted of criminal offences."

Calgary defence lawyer Ian Savage

"We are not targeting Joe Canadian or Joe Citizen," Wozney added. "This is the one per cent that we're chasing day and night.... Someone who does a break-and-enter — it's not a stretch for them to commit sexual offences as well."

The federation's strategy was developed by former Alberta Crown attorney Scott Newark, who has long pushed for DNA collection reforms. Wozney said the document received much interest from federal representatives.

The so-called "test on arrest" practice has been adopted by 26 American states and has received endorsement from U.S. President Barack Obama as well. But the country's Supreme Court is currently reviewing the matter, and some justices have publicly raised concerns that it infringes too much on privacy rights.

Calgary defence lawyer Ian Savage raised similar concerns Monday.

"We have a constitutional presumption of innocence in this country.... The gathering of DNA should only be gathered for people convicted of criminal offences," he said. "It's obvious — there's not any issue I'm aware of with the current process."

Wozney said, however, the collected samples of any suspect later found not guilty could be destroyed.

Alberta solicitor general Jonathan Denis said in a statement Monday he will watch the proposal closely, but added any decision will ultimately be left to federal officials.

"While we want to give police the tools they need, I certainly see potential issues related to constitutional and privacy rights of Canadians that need to be considered," Denis said.

RISING OUT OF THE RUBBLE

A boy is pulled from beneath a collapsed wall at the Plaza Towers Elementary School following a tornado in Moore, Okla., Monday. Measuring nearly a kilometre wide with winds up to 320 km/h, the tornado roared through the Oklahoma City suburbs, flattening entire neighbourhoods, setting buildings on fire and landing a direct blow on an elementary school. Story, page 8. SUE OGROCKI/THE ASSOCIATED PRESS

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NEWS

Blowing the whistle. Councillors to be subject to program

City employees would be able to anonymously point out perceived waste or wrongdoing among members of city council, under proposed changes to Calgary's whistleblower program.

"I think it's high time that council members are included in it," said former audit committee chairman Ald. Brian Pincott, who was surprised last year to learn the current policy does not include the mayor or aldermen.

As it stands, city employees can blow the whistle on other city employees. Citizens and anyone who does business with the city can do the same, through a formal and anonymous process.

Ald. Gael MacLeod, chair of the city's audit committee, said the changes are a "good thing" overall but she's "a little bit nervous" the change might introduce political motivations into the complaints process.

"But I don't think that's a good enough reason for not passing the policy," she said. "I think it's really important that council members be captured under this policy."

Last year the city received 94 whistleblower reports, but most were classified as being "more appropriately addressed by management" and referred to the city manager's office.

Just three reports last year led to investigations by the city auditor's office.

The most reports in the whistleblower program's six-year history came in 2010, when 100 were filed.

ROBSON FLETCHER /METRO

Calgarian Phil Young purchases downtown parking via the ParkPlus system. Data from the system may soon be used to adjust parking rates, based on demand. METRO FILE

Parking prices might rise ... and fall

New system. City could switch to demand-based pricing model

Calgary is looking to adopt a new pricing policy for parking modelled after a direct supply-and-demand system developed in San Francisco.

Basically, areas with high usage would see the per-hour rate rise, while prices would drop in areas with low parking use.

"Overall, if you apply it across all the parking areas, there's actually a price reduction," said Calgary Parking Authority general manager Troy McLeod.

That's based on data the CPA has already gathered through its ParkPlus system in more than two dozen "pricing areas."

Many more of those areas fall into the low-use category (occupancy below 50 per cent) than in the high-use category (occupancy above 80 per cent) during most periods of the day, according to a report to be presented to aldermen this week.

Ald. Gian-Carlo Carra, who sits on the CPA board of directors, said the system should lead to a more even distribution of parking, instead of certain areas being regularly full while others sit mostly empty.

"You start smoothing out the hump and everyone gets a better deal," he said. "It makes a ton of sense, moving to demand-based management."

The proposed change would also end the progressive rate structure, which charges less for the first 30 minutes or hour than for subsequent time spent parked in many zones.

That structure was created in an attempt to encourage short-term parking, but parking durations have actually increased since its implementation, according to CPA data.

Ald. Gael MacLeod believes reduced rates in currently underused areas will better serve short-term parking goals.

"We need to do a better job of accommodating the short-term parker, and I think this will go a long ways toward doing that."

ROBSON FLETCHER/METRO

Proposed changes

- Progressive rates would end and new rates would come into effect July 1.
- Per-hour prices in areas with occupancy below 50 per cent would drop by 25 cents as of Jan. 1, 2014, while prices in areas above 80 per cent occupancy would rise by 25 cents.
- Similar adjustments would be made annually under the current policy, which still needs council approval. The San Francisco system makes monthly price adjustments.

Quiet start to rafting season this weekend

The Bow River's Harvie Passage on Sunday. JEREMY NOLAIS/METRO

It was mostly smooth sailing — er, floating — on Calgary waterways over the weekend after warnings from emergency-service representatives and lingering fears over river-enforcement changes.

As of Sunday evening, Calgary Fire Department Battalion Chief Ernie Molineaux said he was not aware of any rescues on the Bow or Elbow Rivers.

"It's been fairly well behaved on the river," he said. "I haven't heard any complaints from any of our crews about any issues at all."

Still, some experienced kayakers such as Alastair Duncan feared the worst is yet to come.

"It's still a bit cold out," he said on Sunday after working his way through a menacing dip on the Bow's $17-million Harvie Passage.

That development, aimed at overcoming a deadly weir dubbed the "drowning machine," claimed a life last year and sparked controversy over whether enough is being done to protect rafters who believe the area is safe for users of all experience levels.

The fire department has put in a request to Transport Canada to reinstall a safety boom previously in place along the Bow. But a department spokesperson said Sunday that she was unaware of any response from the federal body, which oversees the waterways.

Holding steady

78

The Calgary Fire Department responded to 78 waterway incidents in 2012 and the exact same number the previous year.

Duncan said he hadn't noticed any rafts go through the passage on Sunday but recently found a beer bottle in the area and expects more unruly behaviour in the weeks to come.

The Calgary Police Service has also docked its only marine patrol boat — a move that was met with concern by water enthusiasts — but was still planning to conduct enforcement and education from shore.

JEREMY NOLAIS/METRO, WITH FILES FROM ROBSON FLETCHER/METRO

U of C hoping to expand engineer school 'as soon as possible'

Capital question. Provincial funding in March budget insufficient

JEREMY NOLAIS
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Grand plans

- The Schulich School of Engineering has 3,200 undergraduate and 1,000 graduate students, dean Guy Gendron says.
- The expansion would see the school bring in 10 per cent more undergrads, he said.

An artist's rendering shows what the Schulich School of Engineering could look like once a $142-million expansion is finished. UNIVERSITY OF CALGARY/CONTRIBUTED

University of Calgary officials plan to expedite expansion of the Schulich School of Engineering "as soon as possible," despite having received less than one-third of the needed provincial funding.

"We really want that building to be open for the 50th anniversary (in 2016) and, quite frankly, engineering is one of those programs that is in very high demand and we're running out of space to put people," vice-president and provost Dru Marshall said.

The U of C had been hoping for $142 million for the expansion but received just $40 million over three years, as the government belt-tightened across the board in its March budget and cut heavily from the post-secondary sector.

But the university is exploring "bridge funding" opportunities, according to documents recently presented to the board of the governors.

Marshall described the process as "using the promise of money three years from now as a way to leverage resources right now, because we know that construction costs will go up over time. For all parties concerned, it would be better if we started right away."

A project page on the U of C website suggests the expansion will modernize older blocks of the engineering school and link them through a central entrance.

The engineering school's dean, Guy Gendron, said that the expansion will also provide a better environment for research and student team projects.

"Really, the way we teach engineering has changed over the years," he said.

Advanced Education Minister Thomas Lukaszuk has maintained a commitment to providing capital for projects such as the Schulich expansion but has offered no timeline for when the remaining funding will be provided.

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DUI charges laid in deadly patio crash

Two-year-old killed. Accused was in a fight with his spouse at the time, police allege

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Police have charged a 62-year-old man with impaired driving after the SUV he was allegedly driving plowed into an Edmonton patio Sunday evening killing a two-year-old boy.

As the toddler ate with his parents and younger sibling at Ric's Grill on 142 Street and 23 Avenue, an Acura MDX parked outside the restaurant jumped the curb, broke through a glass partition and collided with the family of four around 7:45 p.m.

"When the accused was leaving, instead of putting the car in reverse, he put it forward, after allegedly being involved in a dispute with his spouse at the time," said Edmonton Police Service spokesperson Scott Pattison Monday.

Staff members at the south Edmonton eatery are struggling to make sense of the tragedy.

"Our heart and souls go out to (the family)," said Shaun Zarney, operations manager at Ric's Grill.

"This was a very tragic and freak accident that we still cannot believe."

Richard Suter, 62, is facing various impaired driving charges in connection with the crash.

Zarney, said within seconds of the crash, customers from inside the restaurant rushed to move the vehicle off of the child and a doctor who was dining inside Ric's Grill started performing CPR on the two-year-old, Zarney said.

WITH FILES FROM HEATHER MCINTYRE

Edmonton police continue to investigate after a two-year-old child was killed when an SUV rammed into a patio Sunday evening. RYAN TUMILTY/METRO

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Council real estate registry on hold pending family questions

Should the public have the right to know not only what real estate an alderman owns, but what his wife owns, too?

What about his children, parents, aunts and uncles?

Those are some of the questions members of council will debate — even further — this week, with respect to the re-introduction of a real-estate registry in Calgary.

The last registry was abolished in 2000, but Mayor Naheed Nenshi moved last year to create a new one.

City administration began drafting a new policy but is now seeking further direction from council before pressing ahead, in particular on the family question.

Ald. Shane Keating believes the registry should be limited to an alderman and his or her spouse.

"No kids, no cousins, no aunts, no parents," he said. "Just the two."

Ald Brian Pincott thinks it should go farther.

"My feeling is it should apply to direct family members, as in spouses and children, and probably brothers and sisters and parents," he said.

Aldermen will vote on the matter Thursday and the city is to draft a more detailed proposal in July.

ROBSON FLETCHER/METRO

Unlicensed girl, 15

Teen caught speeding 77km/h over limit

RCMP officers say they clocked an unlicensed teenage girl at 187 km/h in a 110 km/h zone on Highway 2 near Airdrie on Monday. After being pulled over, police said the 15-year-old tried to switch seats with the front-seat passenger of the vehicle to hide the fact she has no driver's licence.

ROBSON FLETCHER/METRO

Charges laid. Murder victim's brother-in-law says family is in 'shock'

Family members of a mother and son murdered in a northwest Calgary home last week are struggling to understand what happened.

Chona Manzano, 35, and five-year-old son Gabriel were found dead in their home on Evanspark Circle N.W. Thursday.

"Everybody is in shock," said a man who would only identify himself as Chona's brother-in-law. "I am not saying anything else at this point.... We are all just shocked, really."

A relative, Guevara Wilson Clorina, 26, has been charged with two counts of second-degree murder. He is not an immediate family member of the victims, police have said.

Clorina is scheduled to make his first court appearance Tuesday.

JEREMY NOLAIS/METRO

Elijah Harper. Mourners salute MP who blocked the Meech Lake accord

Elijah Harper THE CANADIAN PRESS

Hundreds lined up inside the Manitoba legislature Monday to pay their respects to Elijah Harper, the aboriginal politician whose quiet but firm resistance to the Meech Lake constitutional accord became a symbolic moment for indigenous rights.

"He gave us all inspiration to know that it's OK to say no sometimes," says Derek Nepinak, grand chief of the Assembly of Manitoba Chiefs.

Young and old made their way past the casket, adorned with a Manitoba flag and an eagle-feather headdress. Nearby were portraits of Harper with an eagle feather in his hand, similar to the one he held in 1990 when he denied the unanimous consent needed to rush the accord through to final approval.

Harper was elected chief of Red Sucker Lake in the late 1970s and was elected to the Manitoba legislature in 1981. He was in the NDP opposition benches during the federal government's 1990 attempt to enact the Meech Lake accord, which had been crafted to win Quebec's signature on the Constitution.

Harper believed the deal gave his people short shrift.

"He stood firmly in his identity, in his roots," Shawn Atleo, national chief of the Assembly of First Nations, told reporters Monday.

"Those of us that are younger, we continue to stand in the shadow of great moments like that. Our work continues."

THE CANADIAN PRESS

Mexico. Canadian and his American friend vanish — families fear kidnapping

Mexican media outlets are reporting that a Canadian and an American have gone missing from the resort city of Puerto Vallarta.

The online newspaper Noticias PV says Diego Hernandez, a Canadian martial-arts instructor, and his friend Craig Silva vanished on May 8.

The paper says Puerto Vallarta's director of public safety, Silvestre Chavez, didn't learn of the men's disappearance until five days later and has launched an investigation.

A Facebook group that aims to collect tips about the men's whereabouts says their families fear it was a kidnapping.

It says the pair was last seen in Silva's truck, a black 2003 Chevy Trailblazer, which has since been recovered by Mexican authorities.

THE CANADIAN PRESS

Montreal

Queen skewered on Victoria Day

The Queen would likely not be amused by the way Victoria Day was observed in Montreal on Monday.

At a rally of hardcore Quebec nationalists, a handful of people threw darts at a photo of the Queen. Others held up signs saying, "Down with the monarchy" and "Quebec will soon be a republic."

There is little love for the monarchy in Quebec. Monday's public holiday is now known as the Journee nationale des patriotes, to mark a rebellion against the British in 1837-1838.

Pierre Veronneau, who made the dartboard, called the royal family "parasites" who "do absolutely nothing."

Like many present, Veronneau hopes for an independent Quebec in his lifetime.

The event attracted at least two politicians: Bloc Quebecois chief Daniel Paille and Jean-Martin Aussant, who heads up the small provincial independence party Option nationale.

THE CANADIAN PRESS

Indict Mr. Wright and cuff the Duff?

Senate expenses scandal. NDP calls on Mounties to inspect the legality of $90,000 gift

The federal New Democrats have asked the Mounties to determine whether Prime Minister Stephen Harper's former right-hand man broke any laws by cutting a personal cheque to cover an embattled senator's improper housing expenses.

The NDP's ethics critic, MP Charlie Angus, wrote to RCMP Commissioner Bob Paulson on Monday asking the force to look into the actions of Nigel Wright.

Wright abruptly quit his job Sunday as Harper's chief of staff, days after it emerged that he gave Sen. Mike Duffy $90,000 to repay his housing claims.

Angus says the gift may have broken the law. He added that Harper had a duty to explain to Canadians just what happened.

"We haven't heard the prime minister say that a secret cash payment to a politician is wrong, and whether the prime minister knew, at what point he knew. He must have known something," Angus said.

"Because if it happened under his watch and he did nothing about it, that would be absolutely shocking."

Harper is expected to address the Conservative caucus Tuesday morning before departing to South America for trade talks.

Sen. Mike Duffy left caucus on Thursday, but troubles haven't ended for the Tories. SEAN KILPATRICK/THE CANADIAN PRESS FILE

Wright's resignation followed that of Duffy, who left caucus on Thursday facing a potentially humiliating showdown with his Senate colleagues. Colleague Pamela Wallin, who is facing her own expenses audit, also stepped down on Friday.

The ethics commissioner is also looking into Wright's repayment of Duffy's expenses.

THE CANADIAN PRESS

#damagecontrol

At least one Tory MP tried to put a decidedly optimistic face on a week that saw Harper lose two Conservative senators and his top aide.

- "Our govt has the highest ethical standards demonstrated by 3 resignations: 2 from Senate caucus & the PM chief of staff," Joan Crockett wrote on Twitter.
- "Those whose actions don't stand up to scrutiny, resign. Unlike the opposition. It's a clear demo of accountability folks from some other parties could emulate. #liberals"

Canada to cook on medium-high this summer

Get ready to break out the sunscreen, but don't worry about sizzling all season.

Meteorologists at AccuWeather.com say the majority of Canadians can look forward to a more "typical" summer this year, when hot spells will be interspersed with cooler periods.

"The biggest takeaway from this forecast is it's not going to resemble last year's summer, which was the warmest summer on record," said Brett Anderson, lead forecaster for Canada.

Hot and not

"We do not expect patterns where it's going to lock in for weeks on end of hot dry weather."

Brett Anderson, AccuWeather.com's lead forecaster for Canada

"We're going to see much more changeable weather."

The season is still going to rank among the top-10 warmest summers on record, but that's largely due to recurring warmer-than-normal temperatures in the Far North.

Regions from southern Saskatchewan to southern Alberta are expected to sweat it out for much of the season.

"We're going to see some record heat there in the month of July," said Anderson. "Areas south of Calgary I think are going to see some spells of very hot weather, perhaps record-breaking."

Residents living between Edmonton, Winnipeg and the U.S. border should brace for a higher-than-normal amount of severe thunderstorms this summer, as well as some very warm spells.

Despite predictions that this year will be less of a boiler than last, Anderson said Canadian summers in general have been getting hotter.

"We've seen an increase of 1.4 C since records began in 1948," he said.

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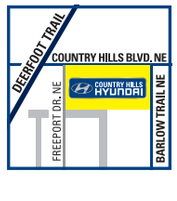

A fire burns in the Tower Plaza Addition in Moore, Okla., following a tornado on Monday. A twister almost a kilometre wide with winds up to 320 km/h roared through the Oklahoma City suburbs flattening entire neighbourhoods, setting buildings on fire and landing a direct blow on an elementary school. SUE OGROCKI/THE ASSOCIATED PRESS

Monstrous tornado rips through Oklahoma City suburb; scores dead

Tragedy. Tornado warnings posted all the way from Texas to Illinois in wake of deadly twister

A tornado of rare power roared through an Oklahoma City suburb, killing at least 51, flattening neighbourhoods with winds of up to 320 km/h and destroying at least one school. Officials said children were among the dead.

The death toll was expected to rise, an Oklahoma Medical Examiner's Office spokeswoman said. Rescuers swarmed the debris as darkness fell.

More than 140 people were being treated at hospitals, including about 70 children. Some were in critical condition.

"Hearts are broken" for parents looking for their children, Gov. Mary Fallin told a news conference.

The ferocious storm — less than one per cent of all tornadoes reach such wind speed — ripped through the suburb of Moore in a Midwest region of the U.S. known as Tornado Alley.

Block after block lay in ruins. Cars and trucks were left crumpled.

The National Weather Service estimated that the tornado reached up to a half-mile (0.8 kilometres) wide and was an EF-4 on the enhanced five-point Fujita scale, the second-most powerful type of twister.

In video footage, the dark funnel cloud moved slowly across the landscape for more than half an hour, scattering shards of wood, pieces of insulation, shingles and glass over the streets.

The focus quickly turned to Plaza Towers Elementary School, where the storm tore off the roof, knocked down walls and turned the playground into a mass of twisted plastic and metal.

Several children were pulled alive from the rubble. Rescue workers passed them down a human chain to a triage centre in the parking lot.

James Rushing, who lives across the street, heard reports of the approaching tornado and ran to the school, where his five-year-old foster son, Aiden, attends classes. Rushing believed he would be safer there.

"About two minutes after I got there, the school started coming apart," he said.

THE ASSOCIATED PRESS

D-Day beach

Canadians get their say in French development

Canadians have a chance to voice their opinions on a plan to build an army of wind turbines 10 kilometres offshore from the site of Juno Beach, where 359 Canadians died during the Second World War, as a French commission holds public consultations on the project. THE CANADIAN PRESS

Greece

Beach-goers shell shocked

A surprise shell has caused a big stir at a popular Athens beach.

Greek authorities evacuated the seafront Monday after a swimmer found a corroded artillery shell just 10 yards from dry land, fished it out and presented it to a lifeguard. The 30-centimetre round dated to the Second World War.

THE ASSOCIATED PRESS

Gander, Newfoundland

Weekend snowfall crushes old record

Newfoundland and Labrador is digging out of a spring storm that walloped parts of the province over the weekend with record-breaking snowfall amounts. Environment Canada says 54 centimetres of snow fell in Gander on Saturday and Sunday. A spokesperson says those numbers shatter the previous record of 29 centimetres. THE CANADIAN PRESS

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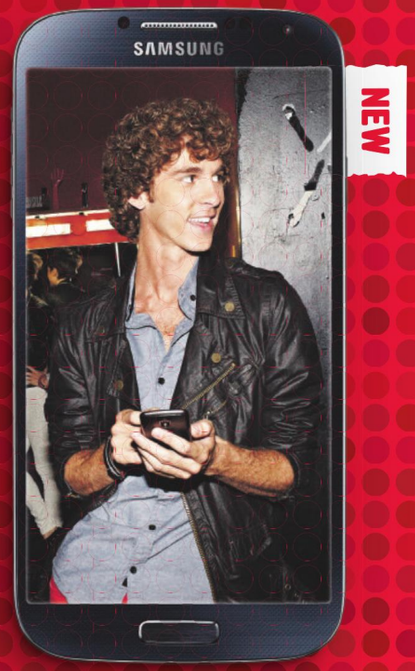

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Quebec student protesters are fighting fines — with a panda

Anarchopanda.
$31,000 raised to fight 1,000 tickets handed out and to challenge Montreal bylaw that bans masks

A philosophy professor who famously wore a panda costume to lighten the mood throughout last year's Quebec student protests has found a new cause.

Anarchopanda, the unofficial mascot of the Quebec student strikes, has completed a fundraising campaign to contest fines levied against protesters in recent months.

More than $31,000 has been raised according to Anarchopanda — whose real identity is Julien Villeneuve.

He became a local celebrity during the student strikes where, clad as the bamboo-munching bear, he peacefully marched with students, offer hugs to police.

Although the strikes ended last year, the most committed core of protesters carried on this spring. First they fought the smaller tuition hikes introduced by the Parti Québécois and, lately, have been contesting an alleged crackdown on civil liberties.

Villeneuve was detained last month and fined $637 for not respecting a Montreal bylaw that has become the focus of the civil-liberties dispute.

He is now fighting that local bylaw, P-6 — which bans masks at protests and imposes fines that range from $500 to $1,000 for a first offence.

The bylaw was passed at a time that Montreal was on edge, with daily demonstrations occasionally devolving into street scuffles, blocked downtown traffic, smashed windows, and transit interruptions.

THE CANADIAN PRESS

Anarchopanda, the unofficial mascot of the Quebec student strikes, greets riot police at the start of a student protest against tuition fee hikes on Feb. 26 in Montreal. RYAN REMIORZ/THE CANADIAN PRESS

Sweden

Police shooting sparks riots in Stockholm

Gangs of youth in Sweden angered by the police shooting death of an elderly man in a mainly immigrant neighbourhood hurled rocks at police and set cars and buildings on fire in a Stockholm suburb early Monday, forcing the evacuation of an apartment block.

Around 50 youths were involved in the riots in the suburb of Husby, a drab, low-income neighbourhood of apartment blocks west of Stockholm.

The youths set light to a parking garage, compelling police to evacuate residents from an adjacent apartment block.

Around 80 per cent of the 11,000 people in Husby are first or second generation immigrants.

Police responding to calls of burning cars were met by masked youths hurling rocks at them. THE ASSOCIATED PRESS

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Tunisian feminist arrested in holy city

Tunisian activist Amina Tyler, seen on April 8. CAPA/CANAL+/THE ASSOCIATED PRESS FILE

'An act of provocation.'
Mother of 19-year-old protester who posted topless photos online fears for daughter's life

A Tunisian feminist who scandalized her country by posting topless photos of herself online has been arrested after allegedly sneaking into Tunisia's holiest city disguised in a veil, then trying to get undressed during a protest.

On Sunday, Amina Tyler — a 19-year-old member of the Ukrainian feminist group FEMEN, which uses nudity in its protests — passed through heavy security and checkpoints to enter the city of Kairouan, where police were preventing hardline conservative Islamists from holding an annual conference.

There she unveiled her bleached blond hair and cut-off jeans, scrawled "FEMEN" on the wall of a cemetery near the city's main mosque, and attempted to take off her clothes, her lawyer Radhia Nasraoui quoted police as saying.

In a video of the incident shown on the Tunisian news website Nawaat, people yell "get out" at her as police usher her into a waiting van.

A local resident shouts at the camera: "She is dishonouring us. We will protect our town, but a dirty girl like her shouldn't come among us."

"We are all Muslims," Tyler says to one man, who replies: "You are no Muslim. Don't come to Kairouan."

THE ASSOCIATED PRESS

Gay-rights activist

Czech leader under fire after refusing to appoint academic

The Czech Republic's controversy-courting new president is under fire for refusing to grant a university professorship to one of his critics and hinting that it is because the man is a gay-rights activist.

In what is normally a formality, Czech presidents appoint the country's professors after they are nominated for the top title by their universities, but left-leaning President Milos Zeman has stood firm by his decision not to let a prominent literary historian get the promotion.

Milos Zeman
THE ASSOCIATED PRESS

Though he has said that Martin C. Putna's sexual orientation itself is not an issue, Zeman has largely refused to fully explain his stance, insisting he doesn't want to "humiliate" the candidate "by naming the reasons publicly." But over the weekend, Zeman told Czech public TV that he "does not recognize people aspiring to teach at universities" who attend gay festivals.

THE ASSOCIATED PRESS

China. Blast tears through explosives factory killing at least 12, burying others

A massive blast ripped through an explosives factory on Monday in eastern China, killing at least 12 people and leaving others buried in the debris, state media reported.

Rescuers were taking care to avoid setting off additional explosions as they searched the site of the explosion in Shandong province's Caofan township, the China News Service said. The company website said the factory, run by the Baoli group, manufactures 10,000 tons of explosives annually.

The force of the blast flung broken glass, smashed concrete, and other debris as far as 200 metres, reports said. Walls in outlying buildings were flattened and glass shattered.

A total of 34 people were inside the factory at the time of the blast, and survivors were rushed to a hospital. The cause of the blast and condition of those injured were not immediately known.

THE ASSOCIATED PRESS

Rescue workers search the remains of an explosives factory in east China's Shandong province on Monday. THE ASSOCIATED PRESS

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Yahoo buys Tumblr; CEO makes promise not to 'screw it up'

Social media. Deal is biggest move of Marissa Mayer's 10-month reign

Tumblr founder David Karp speaks at TechCrunch Disrupt NY 2013 on May 1 in New York City. Yahoo has bought Tumblr, but says Karp will remain in control of the social media service. BRIAN ACH/GETTY IMAGES FOR TECHCRUNCH

Yahoo is buying online blogging forum Tumblr for $1.1 billion US as CEO Marissa Mayer tries to rejuvenate an Internet pioneer that had fallen behind the times.

The deal announced Monday is Mayer's boldest move since she left Google 10 months ago to lead Yahoo's latest comeback attempt. It marks Yahoo's most expensive acquisition since the Sunnyvale, Calif., company bought online search engine Overture a decade ago for $1.3 billion US in cash and stock.

While hailing Tumblr as a fount of creativity that attracts 300 million visitors each month, Mayer told analysts Monday that she is "making a sincere promise to not screw it up." David Karp, a high school dropout who started Tumblr six years ago, will remain in control of the service in an effort to retain the same "irreverence, wit and commitment to empower creators," Yahoo said.

Karp, 26, may now have a managerial mentor in Mayer, 37. Tumblr, which will remain based in New York, has about 175 employees while Yahoo has 11,300 workers.

Mayer, who worked closely with Google co-founders Larry Page and Sergey Brin during her time at the company, had high praise for Karp during Monday's conference call. "David Karp is one of the most inspiring, insightful entrepreneurs that I have ever met," she said.

In his statement, Karp predicted Yahoo would help Tumblr grow even faster as he strives "to make the Internet the ultimate creative canvas. "

Tumblr will now play a pivotal role in Mayer's attempt to reshape Yahoo. To take on the challenge, Mayer ended a highly successful 13-year career at Google, which she helped surpass Yahoo as the Internet's most influential company. Since coming to Yahoo, Mayer has concentrated on improving employee morale, redesigning services and bringing in more engineering talent through a series of small acquisitions that have collectively cost less than $50 million.

Yahoo will still focus on mostly small deals, Mayer said. She seized the opportunity to buy Tumblr because she believes the service can accelerate her efforts to turn around Yahoo.

"Tumblr is a game changer," Mayer assured analysts.

THE ASSOCIATED PRESS

Viewing habits. Netflix CEO takes on conventional TV

Netflix CEO Reed Hastings is standing in line at a bustling Toronto coffee shop, summing up a speech he's set to deliver later in the day on the future of television, when he spies an example of his vision that's so perfect it almost seems planted by his PR team.

Smiling, he points to a young couple oblivious to their surroundings in the crowded café. They're snuggled together behind a laptop, sharing a pair of earbud headphones, and engrossed in a video they're streaming via the in-house Wi-Fi.

"People look to Netflix when they have some time to relax, some time to kill and want some stimulation, and that's not limited to the living room at 8 p.m.," Hastings later says in an interview. "What's great about an Internet service, whether it's YouTube or Netflix, is you can (use) it on many different platforms — that's really where TV is going."

Netflix recently published an 11-page letter to shareholders entitled Netflix Long Term View, outlining how the company believes it will thrive in the years ahead at the expense of conventional broadcast TV.

"People don't love the linear TV experience where channels present programs at particular times on non-portable screens with complicated remote controls," the letter reads.

"Finding good things to watch isn't easy or enjoyable. While hugely popular, the linear TV channel model is ripe for replacement."

THE CANADIAN PRESS

Arrested Development

Actor Jeffrey Tambor at a May 9 screening of Arrested Development Season 4 in London, England. THE ASSOCIATED PRESS

- **The Canadian Press:** "Arrested Development fans have May 26 circled on their calendars and many will likely try to watch all 15 new episodes in the same day. Does it matter to you how quickly fans get through the new episodes?"
- **Reed Hastings:** "It does. We do a lot of research on what people are watching, what they're enjoying, how quickly.... Arrested Development season 1, 2 and 3 had an incredible passion index. Once (viewers) get into it they're like, 'More and more and more!' and loving it, so that helps us really zero in on the content people love as opposed to merely like. And so that's when we knew season 4 had the potential to be a great success."

China

Millions of dollars worth of lamb and other meat from New Zealand is stranded on Chinese docks. GETTY IMAGES FILE

Lotsa lamb chops left in the lurch

Hundreds of tons of frozen mutton, lamb and beef from New Zealand have been stranded on Chinese docks after China halted their import due to a certification dispute.

China is New Zealand's largest consumer of sheep meat. It has blocked all New Zealand frozen beef and sheep meat that has arrived in the past two or three weeks, said Dan Coup, trade and economic manager for the Meat Industry Association of New Zealand.

The meat sitting in freezers at the docks is worth tens of millions of dollars. Because it is frozen, it will last months, Coup said.

Exporters changed the branding on their certificates in March after New Zealand government departments merged. Because the meat is transported in ships, he said, it would have taken several weeks before products with the new branding arrived. New Zealand Prime Minister John Key said Monday the issue is a technical hiccup that he expects will be resolved this week.

THE ASSOCIATED PRESS

Entrepreneur sues over Twitter handle

The Sun Valley logo as it appears on the resort's Twitter account. TWITTER

An Internet entrepreneur and former Wall Street derivatives analyst contends central Idaho's Sun Valley resort and Twitter Inc. heisted his handle.

Leonard Barshack, who in the 1990s founded the Internet email listing service Bigfoot, is suing Twitter and the Sun Valley Co., demanding they return the handle @sunvalley.

Barshack filed the lawsuit in Idaho's 5th District Court with his lawyer and wife, Erin Smith, this month, arguing he began using the Twitter handle in April 2010.

He eventually wanted to use it to promote business in the region, Barshack said, only to have Twitter tell him late last year he was violating the San Francisco-based company's policies against impersonation.

"One day I woke up, and Twitter had taken my handle away," Barshack said Monday,

THE ASSOCIATED PRESS

U.S. Senate

Apple uses offshore firms to avoid U.S. taxes, inquiry finds

Apple employs a group of affiliate companies outside the United States to avoid paying billions of dollars in U.S. income taxes, a Senate investigation has found.

The world's most valuable company is holding overseas some $102 billion US of its $145 billion in cash, and an Irish subsidiary that earned $22 billion in 2011 paid only $10 million in taxes, according to the report issued Monday by the Senate Permanent Subcommittee on Investigations.

The strategies Apple uses are legal, and many other multinational firms use similar tax techniques to avoid paying U.S. income taxes on profits they reap overseas. But Apple uses a unique twist, the report said. THE ASSOCIATED PRESS

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WHY CAN'T WE ACCEPT PRAISE?

SHE SAYS

Jessica Napier
metronews.ca

There's a fine art to accepting a compliment graciously. Most people have a tendency to offer up self-deprecating responses rather than acknowledging positive feedback.

Here are a few actual examples that I've overheard in real life:

" Your new haircut looks fantastic. "Seriously? You don't think it's too short? It's definitely too short; I look like a boy."

"I love your new dress." "Oh, I just found it on a rack at Value Village. I swear I only paid $5.99 for it."

"Congratulations on finishing med school!" "Thanks but I have no idea how I pulled that off. I'll probably accidentally sever off an arm or stitch someone's mouth shut in, like, the first week."

Now there's nothing wrong with a little modesty, but it can be problematic when we're constantly deflecting flattery rather than recognizing our own hard work.

In my experience, it seems that women are far more likely than men to rebuff positive attention with a dismissive hand wave or a reciprocal "no you're so great" comment. We've been socialized to value lady-like decorum over boastfulness and as a result, we have a hard time owning up to our talents and achievements.

I rarely respond to compliments in an appropriate manner. I know that I should reply with a heartfelt "thank you" but I'm far more likely to fall back on a sarcastic retort or a "thanks BUT (insert qualifying statement that undermines my success in some way)." I'm working on my graciousness because I know how annoying I'm being when I act like this.

Recently, a friend invited me over to her apartment for a small dinner party. I spent a large portion of the evening remarking on how delicious the food was, but she repeatedly brushed me off and insisted the meal was so easy to prepare that even the biggest kitchen klutz could recreate it. Here was this culinary whiz acting as if she had simply toasted a slice of bread and making me feel foolish for lavishing her with praise.

It sucks to be on the receiving end of a snarky retort when you're trying to offer up kudos for a job well done. I know how frustrating it can be when someone refuses to take admiration seriously or gives you a dismissive eye-roll and yet that doesn't stop me from doing the same thing.

While it might make us feel uncomfortable to acknowledge our own awesomeness, I think it's an important skill to learn. People are usually being genuine when they pay you a compliment and it's only polite to respond in a sincere and courteous manner. Besides, we all deserve to be proud of ourselves and toot our own horn every once in a while.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Sky's the limit for this photog

STEPHANE VETTER/TWANIGHT.ORG

Northern Lights take top award

For the onlooker, a wintry cascade, starry Milky Way and aurora borealis spells a triple treat.

This panoramic image at Iceland's Godafoss waterfall is the overall winner at the 2013 Earth & Sky contest run by The World At Night (TWAN), a project that showcases night-sky photography while underlining the need to prevent light pollution. METRO

Q and A

'Make sure to have your feet on the ground and head in the stars'

STEPHANE VETTER
Doctor and amateur photographer, 50

How did you capture this photo?
To photograph something as broad as the aurora, you need to make a panoramic image. So I took four vertical images and later joined them together on a computer program. Each photo had an exposure time of 15 seconds and the entire panorama took less than two minutes to take, but I had to wait three hours for the Milky Way to be near the horizon.

What lasting impression should we take from this?
Make sure to have your feet on the ground and head in the stars. People have lost their relationship with nature, so we must reconnect. METRO

Quoted

"This photo has many winning elements: The Earth-sky connection, beautiful stars and outstanding phenomena like the aurora borealis."

Babak Tafreshi, founder and director of The World at Night (TWAN)

Click bait

GETTY IMAGES

The world became a little weirder when Google Glass was unveiled. The augmented reality glasses allow you to do everything your smartphone can do, without having to touch a screen. It's promised to be released by early next year, but comes with a slew of emerging competitors. Watch for these products to launch soon, or fail.

Telepathy One
This device comes with a focus on social media and in its early phase only has a few apps, but among them is the Manga Camera, which converts photos into cartoons that can be posted to Tumblr.

Recon Instruments' Jet
This device is more Robocop-looking than the others, and is targeted to sporty-types looking to measure distance and speed travelled while skiing, for example, and capture video while doing it.

Lumus prototype
The display on this emerging technology utilizes your entire field of vision, but is limited to email, text and web. METRO

Comments

RE: Harper To Be On Hot Seat At Tuesday Caucus After Chief Of Staff Quits, published online May 19

Tsk, tsk, tsk. The Tories are throwing themselves under the bus, again, just like the good old days.

Prime Minister Stephen Harper's appointments are turning into a cement anchor just as the suddenly badly listing Tory ship is looking for a safe harbour to steam towards — and a new captain to get it there. Harper should resign. Tsk, tsk. tsk.

Meanwhile, it looks as though new Liberal Leader Justin Trudeau won't have to do or say a thing between now and the next election to be elected prime minister.
Rudy Haugeneder posted to metronews.ca

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DVD reviews

Stories We Tell

Director. Sarah Polley

●●●●●

Actor/director Sarah Polley's personal documentary is extraordinary in every way, from its post-modern structure to the raw emotion of its carefully revealed family secrets. Stories We Tell isn't just about any family, but Polley's own. She and her loved ones summon the necessary courage not only to delve into extremely difficult subjects, but also to face up to life-altering consequences. Seeking definitive answers for long-whispered family rumours, and using her film as an investigative tool, the Toronto filmmaker unearths a blunt fact: Michael Polley, the man who raised her since her 1979 birth and whom she still calls Dad, is not her biological father. Stories We Tell is as direct as a blood transfusion. It's a film of fact, remembrance and forgiveness, with no clear path. You just have to trust in Sarah Polley's steely determination and follow her relentless lens. In a word: wow.

Side Effects

Director. Steven Soderbergh

Stars. Rooney Mara, Jude Law, Channing Tatum

●●●●○

On the brink of his announced retirement from filmmaking, Steven Soderbergh goes out with a thriller that ranks amongst his best. It features electric performances by Rooney Mara, Jude Law, Catherine Zeta-Jones and Channing Tatum, and there's almost a documentary focus to the film's medical, legal and ethical themes. The over-prescribing of antidepressants is a concern addressed early on, but the suspenseful opening depiction of a blood-spattered New York apartment kitchen signals this is no mere PSA. Whatever you think before seeing Side Effects, you're not likely to think the same afterward.

PETER HOWELL

The Hangover Part III opens this Friday. HANDOUT

The journey from Dr. Jeong to Mr. Chow

Fixing funny bones. Ken Jeong's comedy began as a hobby, but after some big roles, his success is beyond anything he ever imagined

RICHARD CROUSE
scene@metronews.ca

"I honestly don't think my career will get any better than this," says Ken Jeong. "I think I've peaked."

Jeong returns in The Hangover Part III as Mr. Chow, the violent gangster with a heart of gold. Or at least fool's gold.

"He's a villain who likes to laugh," says Jeong.

"Mr. Chow changed my life," he says.

"He opened up a new world for me and I was able to work a lot as an actor because of the first Hangover. Now this is the biggest role I've ever had, in the part that I'm most well known for. You can't ask for better than that.

"This is beyond anything I ever expected. When I quit my day job as a doctor I just wanted to be a working actor. I just wanted to have lines in movies. That's all I ever wanted."

Before finding fame as an actor, Jeong lead a double life — practicing medicine during the day and doing standup at night.

"I wasn't trying to keep (the two lives) separate, like Clark Kent separate," he says.

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine. Work hard, play hard mentality."

These days he is in touch with some of his former patients.

"I have patients that I email with or keep in contact with on Facebook and they're always happy for me because I wasn't a wacky, schticky guy when I was a doctor.

"I was pretty intense and pretty serious.

"The stuff I get now from my patients is, 'We're just so happy you have an outlet. You were just so serious. We thought you would explode.'

"When they found out I did standup comedy back in the day when I was practising medicine they'd say, 'I'm so happy for you. You've finally found a way to channel all this stress out.'"

The Hangover Part III is the finale of the series, but Jeong would like to see Mr. Chow go on more adventures.

"Mr. Chow, and I'm not saying this because I'm promoting the movie, is my favourite character," he says.

"The spectrum of imagination on that character is so wide.

"I would love to see him in any situation and see what he would say or do. I would love a Chow spin-off. I love that character so much."

Quoted

"It was my hobby, my golf. It was a way for me to keep up with the intense hours of medicine."

Ken Jeong on the beginnings of his work in comedy.

Kristen Stewart. ALL PHOTOS GETTY IMAGES

Twilight twosome splits, but sources say it won't be for too long

Kristen Stewart is reportedly "heartbroken" and "so sad" over the breakup with longtime boyfriend Rob Pattinson over the weekend, according to E! News. But sources close to the newly ex-couple are still optimistic the split is only temporary. "They are going to stay living at Kristen's house because of the dogs," a source says. "It's not fully over or he would have moved out. They will be back together in no time."

Winona Ryder

It may be 'normal hygiene' on set, but Winona hasn't had work done, she says

Winona Ryder is flattered that some people think she's had work done to keep her looking youthful, but the 41-year-old actress insists that plastic surgery — which she says she's "found is normal hygiene now on sets" — isn't for her. "I'm not trying to knock it, but, you know, I have a little bit of traffic now on my forehead, which I'm, like, very proud of actually," she tells Interview magazine. "It's interesting how people just instinctively are like, 'Oh, maybe you should get something done for that.' And it's like, 'Really?'"

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week

Seth Meyers is set to sit in Jimmy Fallon's seat.

Walters, wolves and a weight watch? What a week!

STARGAZING
Malene Arpe
scene@metronews.ca

Tan Mom is all set to film a cameo for an upcoming gay porno. To the great relief of gay people everywhere, she won't actually take off her clothes or, you know, touch anything important.

Barbara Walters announces she's retiring. Unfortunately for Barbara, due to Angelina Jolie's news, this was not the most fascinating announcement of the week.

Kristen Stewart's mother Jules gets a restraining order against a weird neighbour who insists Jules keeps wolves in the house and keeps harassing her about it. Well, if anything, that would explain where Taylor Lautner has been since Twilight ended.

This week in What's More Likely to Actually be True? Charlie Sheen's ex Brooke Mueller claims she has "connections to the mafia" and Selena Gomez says she's definitely done with Justin Bieber.

Seth Meyers is set to take over Late Night when Jimmy Fallon takes over The Tonight Show from Jay Leno, who took over from Johnny Carson. "Whew," say women and people of colour, "we dodged another one."

Jennifer Aniston's longtime hair stylist says he invented The Rachel while completely stoned. "Big whoop," says Donald Trump's barber, "does anyone really think that thing on his head would be there without my predilection for crystal meth sandwiches?"

Rumours swirl that Beyoncé is pregnant again. Kim Kardashian and Duchess Kate take some comfort in the fact that they at least got a few months of bump attention in.

Allure Magazine prints Zoe Saldana's weight on the cover. That's a good editorial decision, because the fact that Zoe is now a star of three major movie franchises is, like, so whatever.

Demi Lovato says her tour rider calls for incense, pickles and instant ramen. Add mayonnaise and that's pretty much a complete list of all the worst things in the world.

Ann Curry

Curry back to us! NBC seeks to suck up as Angelina asks for only Ann

NBC is looking to smooth things over with Ann Curry, the Today show co-host that was unceremoniously dumped from the show last summer, in the hopes that she can score the first sit-down interview with Angelina Jolie following the actress' revelation that she underwent a double mastectomy, according to Radar Online. "Angelina made it known after Ann was demoted from Today that the only journalist to interview her from the Peacock network would be Curry," a source says. "Ann would be prominently featured in all of the promotions and publicity if Angelina agreed to do it." Looks like it's time for the network brass to make nice with Curry.

Lovato learned lessons in love from Jonas bro

Demi Lovato

It's been three years since her brief romance with Joe Jonas, but Demi Lovato is still thinking about it. "We were in a relationship and we broke up, and at one point I was really mad at him," she tells ABC's Nightline. "When you go through heartbreaks and things like that, you always have in mind somebody. It's like when you hear a song on the radio that reminds you of somebody, you're going to be reminded. But keeping that in mind … it's a delicate balance." Things between the former Camp Rock co-stars are much better now, too: "We have a great friendship," she says. "And we may not be as close as we used to be, but that's OK."

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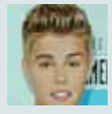
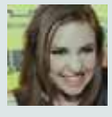


@justinbieber
I love music, my fans, my family, my friends.. And I love The Lord

@channingtatum
"Go where you are celebrated – not tolerated. If they can't see the real value of you, it's time for a new start." – Unknown



@lenadunham
"Under the right circumstances, I'd love to murder someone" – something I'm glad I've never said in an interview

Fighter gets Fast and Furious

Interview. Mixed martial arts pro Gina Carano stars in the sixth instalment of the popular action flick and talks about training and diet rules

ROMINA McGUINNESS
life@metronews.ca

Gina Carano can beat you in a fight. Deal with it. HANDOUT

You're a tough chick but you look almost petite next to the Rock. What did you do to assert your dominance?
I just fed off his energy. It's kind of an intimidating thing, the size difference. But he's such a lovely person. It just made me want to mirror that kind of energy.

He's big but lovable. Does the guy get manicures between takes? Or does he try to act tough?
He's very mysterious. I'd like to say he's a big softie but he takes himself seriously.

What do you do to stay in shape?
I train everyday. I do Muay Thai and Jiu-Jitsu. You go through phases when you're training: you start out and you're like, "This is brutal." Then you're laughing and think, "This is ridiculous!" By the time you pull it together you get a second wind and you get focused and it's just the best feeling.

All that kicking and punching, you must need a lot of fuel to keep going. What's your diet like?
It's been a long road to get here but I have a very healthy relationship with food. I'm just normal. You go through ups and downs of figuring out how your body responds to food but sometimes you have to cheat and eat some pasta you know? When you start putting too many rules on something you get a bit anal about it and it's counterproductive.

Your co-star Michelle Rodriguez looks like the kind of girl that doesn't take anything. Were you on guard when you first met her?
She is feisty. I've been around feisty people my whole life, so I didn't have any expectations. I gave her a chance to be exactly who she is. We had great chemistry — she's the first actress I've ever worked with physically. We had to trust each other.

Gina Carano as Riley in Fast & Furious 6. GILES KEYTE

You guys fight a lot in the movie — is it all for real or stunt doubles?
I do all my own stuff but she's quite tiny. I grabbed her wrist to handcuff her and I was like, "What!" She has the tiniest little wrist I've ever seen. But if you don't walk away with some pain, you don't feel like you did your job.

You've worked with both Channing Tatum and Michael Fassbender. Now, girls have obsessed over Channing's abs in Magic Mike and Michael's bum in Shame. You've actually seen them both, up close. What would you score their assets, out of 10?
He's known for his bottom? I respect them too much to rate that. Channing has worked so hard to be taken seriously and Michael is just automatically taken seriously.

Most guys like the fact they're the stronger one — physically — in a relationship. But you're a martial arts expert and could probably beat the heck out of anyone. How has this affected your romantic relationships?
You don't know any of my ex-boyfriends. They could have been strong. My ex-boyfriend got me into Muay Thai and we would go to the gym and spar. But my relationships are private. I don't want to talk about him.

Do you ever look at people and think, "I could totally kick your butt."
If you don't like someone, of course you have that kind of thought sometimes. You kind of get violent fantasies and then you're like, "Wow! why did I do that?"

Your last professional fight ever. Who would you want to be up against and why?
The person I lost to: Cyborg. You always want to avenge that.

Give it everything

"Hold (your) arm straight up and bring your hand, held upright, close to your body. Close your fist tight and make sure you have a strong wrist. Bring your strength up through your feet, through your hips and put your body into it. You want to have a small target, so try to focus on the first two knuckles. Now give that everything."

Gina Carano
On how to throw a punch.

Picnic pick: Pesto Potato Salad

This salad serves eight to 10. MARK SHAPIRO, FROM ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE)

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

Traditionally, potato salads are made with loads of mayonnaise, sour cream or oil. My lighter version has a delicious pesto sauce with some crunchy vegetables. It goes great as a side for any barbequed items.

1. Put potatoes in saucepan with cold water to cover; bring to a boil and cook for 20 to 25 minutes, or until easily pierced with a sharp knife. Drain and set aside.

2. Meanwhile, put basil, olive oil, pine nuts, Parmesan, garlic and salt in food processor; process until finely chopped. With the processor running, gradually add stock through the feed tube; process until smooth.

3. In saucepan of boiling water or microwave, blanch snow peas for 1 or 2 minutes, or until tender-crisp; refresh in cold water and drain. Place in large serving bowl, along with pesto, red onions, red and green peppers, corn, green onions, pine nuts and lemon juice. When potatoes are cool enough to handle, cut into wedges and add to serving bowl; toss well to combine. ROSE REISMAN'S ENLIGHTENED HOME COOKING (ROBERT ROSE) BY ROSE REISMAN

Ingredients

- 2 lb scrubbed whole red potatoes with skins on

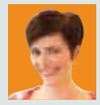
Pesto

- 1 1/4 cups fresh basil leaves
- 3 tbsp olive oil
- 2 tbsp toasted pine nuts
- 2 tbsp grated Parmesan cheese
- 1 tsp minced garlic
- 1/4 tsp salt
- 1/4 cup chicken stock

- 1 cup halved snow peas
- 3/4 cup chopped red onions
- 3/4 cup each chopped red and green peppers
- 1/2 cup corn kernels
- 2 green onions, chopped
- 2 tbsp toasted pine nuts
- 2 tbsp lemon juice

Health Solutions

Up in the spring ramp



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

I recently asked a friend if she liked ramps. Her response was, "What the @$#! are they?"

Only the best thing to happen to spring in a long time. Ramps are wild leeks or wild garlic, depending on who you talk to. They grow across the country in sandy, moist hilly places, often near water. But it is illegal to forage for them in Quebec, where they are protected. Leave the foraging to the hunters and head to a farmers market this month.

Culinarily, both the leaves and bulb are edible and they taste like a cross between onions and garlic. Given their short growing season, you want to add them to just about every pasta, pizza, soup and sandwich spring brings.

Susan Quast at Quast's Garden Gate in Flesherton, Ont., is part of the Grey County Chefs' Forum. She says, "Sauté them in a little butter and then add them to a favourite recipe. You can add them to your salads, chopped with raw potent flavour. The leaves, which are less potent than the bulb, can be used as a wrapper for crab meat appetizers." THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

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Veggies balance ooey, gooey cheese texture

1. Heat the oven to 350 F.

2. In bowl, toss diced avocado with lime juice and a bit of salt and pepper. Set aside.

3. In skillet over medium-high, heat 2 teaspoons of oil. Add onion, bell pepper and pinch of salt, then sauté until golden at edges, about 5 minutes. Add garlic and cook, stirring, 30 seconds. Transfer mix to bowl.

Ingredients

- 1 firm ripe avocado, diced
- 1 tbsp lime juice
- Kosher salt and black pepper
- 4 tsp vegetable oil, divided
- 1/2 cup chopped onion
- 1/2 cup chopped red or green bell pepper (or a mix)
- 1 tsp minced garlic
- 1 1/2 cups sliced mushrooms
- 1/2 fresh jalapeno, finely chopped
- 2 oz coarsely grated sharp cheddar cheese
- Four 8-inch flour tortillas, preferably whole wheat
- Nonfat plain Greek yogurt
- 1/4 cup chopped cilantro

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Add remaining 2 teaspoons of oil to skillet with mushrooms and pinch of salt. Reduce heat to medium and sauté until liquid mushrooms give off has evaporated, about 7 minutes. Transfer mushrooms to bowl with onions and peppers. Add to i jalapeno, cheese and bit of salt and pepper. Mix well.

5. Wipe out skillet with paper towel. Coat with cooking spray.

6. Set 2 tortillas flat on counter. Divide onion-pepper mix between them. Press second tortilla firmly over each.

7. Heat skillet over medium. Add one quesadilla and toast about 2 minutes per side. Transfer to baking sheet. Repeat with second quesadilla, placing on baking sheet when toasted. Bake 5 minutes. Cut each quesadilla into quarters, then divide between 4 plates. Top each with avocado, yogurt and cilantro. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS

This couple's first date might be their last. Don't let that happen to you. ISTOCK IMAGES

Tips to turn the first date into many more

Dating coach. Advice from Amber Madison, a Manhattan-based relationship expert and the author of Are All Guys A–holes?

Don't talk only (or mostly) about yourself
So you've travelled to every continent, do something really important/prestigious and have a bunch of funny stories exhibiting how you can kill the one-liners. The problem is, no one likes to be talked at — even if it's really impressive. There can be a rush to get out all of the positive things about yourself on the first date to try to keep the other person interested. But if you're so concerned about how you're coming across, you're not actually connecting with the other person … which, you know, is sort of what the date is about.

Don't be difficult to pin down
If your next free night is three weeks from this Tuesday, maybe this isn't the best time in your life to be starting to date someone.

Don't go out to dinner
First of all, if you're a guy this can start to add up fast. But more than that, dinner is a high-pressure situation where you're forced to keep up the conversation because there are no other distractions. This doesn't exactly lend itself to you putting your best foot forward. Instead of dinner (or even drinks) plan an activity date.

Ask job interview questions
The things we talk about on a first date tend to do with where we grew up, went to school, or what we do for a living … all things that are painful to talk about repeatedly and don't actually get to the crux of who a person is. If you want your first date to be fun and stand out, ask things more along the lines of: what is the creepiest thing you've ever done? What's the closest you've been to getting arrested? Have discussions about getting along with siblings/parents, what you think makes a good movie, whether brunch is awesome or an overpriced breakfast. Really have a conversation together, don't just take turns reciting your resumés.

Don't start planning your wedding
So the date went well? Awesome. But don't let your fantasies get the best of you and convince yourself that this is The One. The truth is, after one date — even a great one — you just don't know someone that well yet. So stay open minded to both the good qualities and the bad instead of painting a full picture of the person you just met based on your very limited information.

METRO

Decades later, unhappy campers recall tears, hives and bad food

Sleepaway. Most kids wait all year for summer camp — some just wait for it to end

When the school year ends a few weeks from now, millions of kids will head off to sleepaway camp for a summer filled with colour wars, kayaking and bunk life. Most will have a great time, some will make friends for life, and many will look back on the experience fondly.

But amid these happy campers is another group of veterans who recall sleepaway camp quite differently. These were the kids who cried everyday and sent letters home begging to be picked up. They were lonesome, miserable, bullied; hated the bugs, hated the pool. Many refused to ever go back, and decades later, they can recall their suffering in visceral detail — from poison ivy to wretched food.

"Oh did I hate overnight camp," recalled Lauren Russ, 43, who lives in Chicago. "I cried everyday and wrote two letters home a day asking my parents to come get me."

Russ' mom and dad saved those notes and even read some of them aloud at her wedding shower 10 years ago. "I got another letter from you," reads one of the heart-wrenching lines in Russ' schoolgirl's script. "Every time I get a letter I cry and become very homesick."

What was so bad about camp? Let Russ count the ways: "I'll never forget the first night I had to sleep in a tent. I hated the public showers, I hated sharing a room with several other girls, I hated the anxiety of packing and saying goodbye."

For Kelsey Tomascheski, 48, of Santa Clara, Calif., camp memories centre on bad food. "I will admit that I was a picky eater, but the problem was more on quality," said Tomascheski. "I could only handle so many bland spaghetti feeds, too-salty chicken strips, and soggy fries. Usually halfway through the week I gave up and only ate PB&J at all three meals."

She's not having fun. Maybe it's the food? ISTOCK IMAGES

Some unhappy campers hated bunk life. "It was dirty," recalled Gerry Cotten, 25, a website developer in Toronto. "I was always into computers, and some sort of computer camp probably would have been fun, but sleeping in an ancient, old wooden cabin, with disgusting washrooms a five-minute walk away, wasn't really appealing."

The great outdoors didn't hold much charm either: "Taking a dip in the lake each morning instead of having a shower wasn't really for me. They called it the Polar Dip."

What's a lanyard?

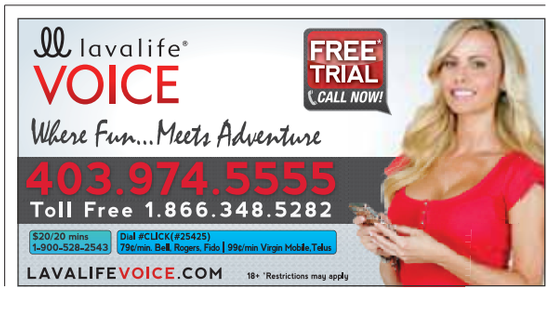
"They said 'You need to go make lanyards now.' Why do I need a lanyard?"

Kim Cooper, 46, who recalls hating the structured activities.

According to the American Camp Association, nearly nine million kids under the age of 18 attend one of the country's 7,000 overnight camps each summer, with stays ranging from a week to two months. Research on the association's website suggests that going to camp can build confidence, self-esteem, social skills, independence and a sense of adventure.

But for some campers, the experience was more like the 1963 hit comedy song that began: "Hello Muddah, Hello Fadduh, I am here at Camp Grenada. Camp is very entertaining. And they say we'll have some fun if it stops raining."

THE ASSOCIATED PRESS



MANAGE YOUR CAREER TOOLS

WITH BLUE SEAL CERTIFICATION AT SAIT POLYTECHNIC

CONTRIBUTED

Looking for more tools to add to his tool box, roofer Ryan Makin decided to attend SAIT Polytechnic to get his Blue Seal certification to further his already great career.

Makin has been a roofer for the past 11 years, but was looking for a way to move up the career ladder and, for him, getting the business and management skills needed to take charge of a job site was the perfect answer for him.

"This program offered a lot when it came to managing people," Makin says. "It taught me all the other tools I did not get in my trade training."

Makin continued to work through the program, which took five years to complete.

Now that he is a production roofing superintendent, he is starting to see the benefits, on and off the job, of his new certification.

"This program has just made everything easier," Makin says. "Not only have there been financial benefits to taking this program, but I am now working much better hours."

The Blue Seal certification, or achievement in business competencies program, is a credential offered by Alberta Apprenticeship and Industry Training (AIT) to those with a valid Alberta Journeyperson (Journeyman) Certificate, Alberta Occupational Certificate, or another valid trade certificate recognized in Alberta.

This certification offers these qualified individuals the business and management skills to be able to supervise a team, manage finances, or start a business.

"This program is the next step in your journeyman training," says Debra Grab, training co-ordinator, SAIT School of Business.

Grab says SAIT offers one of the most convenient and flexible Blue Seal certificate programs through the applied management certificate of achievement.

Instead of the required 150 hours needed to achieve the Blue Seal, SAIT students may achieve it in 144 hours through a series of short business courses and workshops, thanks to the school's relationship with AIT.

And students can choose which programs interest them the most.

"Students can choose the courses to meet their individual needs and they can start pretty much at any time," Grab says.

For more information about the Blue Seal certification, visit sait.ca/blueseal.

DISTANCE LEARNING OFFERS FLEXIBLE PROGRAM OPTIONS

Amanda Yakiwchuk

CONTRIBUTED

From dance shoes to dress shoes, one Calgarian is making the transitions to the world of business from the world of dance.

Although Amanda Yakiwchuk's dance career is far from over, she has been working towards finding a way to incorporate her passion for dance with a career path that will be just as physically strenuous.

Yakiwchuk, 31, works on a cruise ship as a professional dancer and is expecting to change careers in her mid-30s, when most dancers retire from the limelight.

To prepare for this, she took the business administration diploma from SAIT Polytechnic through distance learning, while travelling the world aboard the cruise ship.

"I majored in management because I figured that everyone is always either being managed or managing somebody else," Yakiwchuk says.

Since beginning her studies, Yakiwchuk was promoted to cast manager and has been able to apply what she has learned from her SAIT training in her current position.

"It's helped me improve on things like performance appraisal, dealing with upper management, disciplining employees, and giving constructive criticism," she says.

Although studying aboard a cruise ship has its challenges — such as unreliable Internet services — the program's flexibility let her control the workload and learn at her own rate.

"I usually took two classes at once, sometimes three, but then I'd overlap them so they wouldn't all start and end at the same time," say Yakiwchuk, who took six years to complete her diploma.

Now she hopes to start working towards a career where she can still continue to work in the arts.

"I hope to mesh the business world and the entertainment world. I'd like something in arts administration — where I'm still in the arts, but I don't have to kick my legs anymore."

THREE MAJORS

The business administration diploma online program is offered through eCampus Alberta, in collaboration between SAIT Polytechnic and Grant MacEwan University.

Students are able to choose from the three majors available through online studies — financial services, management, and marketing.

To learn more about the business administration diploma available through distance learning at SAIT, visit sait.ca.

SCHOOL OF BUSINESS
REACH HIGHER
Business programs at SAIT Polytechnic are developed through strong connections with industry, which means that our School of Business students have real-world skills that keep them in high demand.
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Learn more at SAIT.ca.
FURTHER YOUR PASSION
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MRU INTRODUCES NEW CERTIFICATES

Three new, industry-leading certificates are coming to Mount Royal University this fall.

Let your creative nature flourish by learning the art and technology behind one or more of these exciting new certificates in web design, web development, or graphic design.

"Our new certificates represent a new take on learning for these professions by addressing the needs of the small business for solid, easy to edit websites, and for industry professionals who focus on coding custom websites or creating the visual images that make information leap off the screen," says Kristin Fulton, program co-ordinator, arts science and technology.

"The hands-on activities, great take-away projects — like fully functional websites and portfolios — and providing business skills helps students make the transition from classroom learning to real-world application."

Fulton says the practical web design for business allows businesses, non-profits, and individuals to strengthen their web presence.

ISTOCKPHOTO/THINKSTOCK

"The brand new practical web design for business offers a unique opportunity for anyone to build a great website," Fulton says.

Build a customized website during class that suits your specific needs and avoid common pitfalls with this quick, hands-on, practical certificate.

The web developer and digital graphic design certificates give students a great start in these industries, with the knowledge, skills, and portfolio to set them up for success.

"For the most creative-minded individuals, the new digital graphic design certificate develops your creative talents, while learning cutting-edge software and exploring time-tested principles of design to create outstanding digital projects," Fulton says.

"In this program, understand the business side of graphic design and apply your artistic skills to create a portfolio that you are proud to present to future clients."

In the web developer course, learn to understand the inner workings of websites and learn the coding to build completely custom websites from the ground up, while keeping up with all the latest trends.

HIGH DEMAND

Registration for these programs opens June 10. Kristin Fulton, program co-ordinator, arts science and technology, recommends registering early for these programs since they will be in high demand.

More information is available by email at cetech@mtroyal.ca.

For information on other continuing education programs available at Mount Royal, visit mtroyal.ca/conted.

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Bow Valley College offers access to 70+ certificate and diploma programs in business, health, justice, and human services careers. We are also a leader in academic upgrading and English Language Learning.

NEW CAMPUS FOR BOW VALLEY

Same great education — and now more of it.

Bow Valley College officially opened its brand new South Campus May 10 with Premier Alison Redford on hand.

"We're building Alberta for the future by investing in infrastructure like Bow Valley's South Campus project," Redford said during the grand opening. "I'm excited about the collaboration that will happen at this new site. It's going to give thousands of students a leg up as they learn new skills that will allow them to reach their full potential in Alberta's workforce."

This new campus furthers Bow Valley's commitment to deliver any time, any place, any path, any pace learning.

Home to a unique post-secondary collaboration, this campus has created an educational hub for Campus Alberta South in the heart of downtown Calgary.

CAMPUS FUNDING

The $160-million South Campus project was made possible with funding from the government of Alberta, the city of Calgary, Bow Valley College, and its post-secondary partners.

The new South Campus is located in the heart of downtown Calgary.

Among the many new features of this campus, it includes more than 50 new classroom with more than 2,200 student seats, a new Aboriginal Centre, and a Tim Hortons.

Athabasca University, Olds College, and the University of Lethbridge have their Calgary operations headquartered in BVC's South Campus, offering a gateway to education, with laddering opportunities for even more students.

CONTRIBUTED

"Together with government, a network of partners, and the community, Bow Valley College has become a centrepiece of collaboration helping to provide more education solutions to Alberta's students," said Sharon Carry, president and CEO, Bow Valley College.

"The new South Campus enhances the important role we play within our region, the province, and the country by offering our students more options for lifelong learning and full participation in Alberta's economy."

The South Campus is LEED silver certified and addresses the needs and expectations of today's multi-generational Bow Valley student population, providing an additional 50 classrooms to study, a fourth-floor patio and roof-top gardens, student services, and a convenient location on the CTrain line.

For more information about this new campus, visit bowvalleycollege.ca.

GAIN KNOWLEDGE IN DENTAL ASSISTING

Behind every good dentist is a great assistant.

And becoming a great dental assistant begins with a great education.

At Columbia College, train to become a registered dental assistant by enrolling in the accredited dental assistant professional program.

"Our program is dedicated to student success and provides the best learning experience possible for each student," says Carey Thomson, program chair, dental health department at Columbia College.

"Students gain valuable theoretical knowledge in dental assisting, combined with clinical skills necessary for the profession."

This program is delivered in an accelerated 28-week model where students will gain theoretical knowledge of everything from dental sciences to specialized practice and put their new skills to the test during the practicum component.

Students graduate with a full designation required to become a registered dental assistant in Alberta.

Graduates may go on to pursue a number of different career options in the dental industry, including dental assisting, treatment co-ordinator roles, dental reception, dental sterilization, and even dental sales rep positions.

For more information about this program or other courses available at Columbia College, visit columbia.ab.ca.

CONTRIBUTED

XXXXPHOTO-CREDITXXXX

DIGITAL SCHOOL TO HOST CAD EVENT MAY 23

On May 23, join in Digital School computer-aided design (CAD) College's BIM: The Future of Everything.

This free event is open to everyone interested in the direction computer-aided design, engineering, manufacturing and project management are going; whether they are established in the CAD industry, or looking for information about careers and education in CAD.

"Digital School Computer Aided Design College has been training Alberta's drafters since before there was computer-aided drafting," says Brady Sylvester, assistant manager, Digital School.

"Recognized as an Autodesk Authorized Training and Certification Centre, as well as a licensed, full-time college, Digital School is dedicated to preparing graduates for the high-tech jobs of today and tomorrow, in architecture, engineering, construction, oil and gas, manufacturing, and more."

BIM stands for building information modelling and is a methodology for project development and management that relies on a central, shared data model.

Sylvester says the term was first used with specific reference to building projects and closely linked with architecture, but the reality of today is that BIM methods and practices apply to almost any kind of project in almost any industry using CAD.

This event will take place from 2-6 p.m. at Edmonton City Centre Mall.

For more, see bit.ly/bim2013.

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GET YOUR HANDS ON A NEW CAREER

AT ABM COLLEGE

ISTOCKPHOTO/THINKSTOCK

At ABM College your dreams are closer than you think. Win big with your career in massage therapy.

With unemployment rates on the rise, the competition for open positions is fiercer then ever.

According to economists, Alberta lost 11,300 jobs in March 2013, despite the fact the health and wellness industry is continuing to flourish. People are willing to invest more into their physical health; as well, companies are offering more benefits towards massage therapy.

This has created a demand for highly trained professionals in massage therapy.

With increasing stress levels of today's demands, many people are experiencing pains that are caused by tension in the muscles, thus limiting them to perform some daily tasks without pain.

Knowing the opportunity in the field of massage therapy, many people are turning to ABM College of Health and Technology to make their dream a reality.

"At ABM College our students receive a quality education with hands-on training," says Dr. Mohammed Baten, president, ABM College of Health and Technology. "Not only is our program recognized by employers, but our students are receiving well-paid job offers from employers before they even graduate from their program."

For more information on how you can live your dream with ABM College, take the first step and call 403-719-4300 or visit abmcollege.com.

ACADEMY OF LEARNING GRADS ARE AMONG BEST

For people who want to establish themselves in a career working with professionals and looking after important documents, transactions, and records, the legal administrative assistant diploma at Academy of Learning Career College is a great choice.

"Just as with our very successful medical office assistant/health unit coordinator program, graduates of our legal administrative assistant diploma program are filling a very important role for people at some of the most important times of their lives," says Charles Jarvis, general manager, Academy of Learning.

"High levels of professionalism, accuracy, and caring are what make a great legal administrative assistant, and Academy of Learning graduates are among the best."

With its Integrated Learning System, students have the freedom to customize their schedules to fit their lives, whether that is a full-time job, family, or other commitments.

ISTOCKPHOTO/THINKSTOCK

Academy of Learning graduates boast a 97 per cent employment rate in areas for which they were trained.

Academy of Learning is a business and career college that offers diplomas in a variety of programs in less than a year, in fields that are in demand for both individuals and employers. There is no need to wait until September to begin your training since intake is continuous.

For more information about this program, visit academyoflearning.ab.ca.

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DIGITAL SCHOOL - 3RD FLOOR, EDMONTON CITY CENTRE EAST

Come find out what it means and how Digital School can prepare you for tomorrow's Hi-Tech Careers. A FREE event for anyone interested in the future of Computer Aided Design and Building Information Modelling.

DIGITAL School
YOUR BIM & CAD COLLEGE

Register at: bit.ly/bim2013 or Call 780-414-0200

New rules for authorized credit card users

Setting up a student as an authorized user can offer peace of mind for parents. ISTOCK IMAGES

Alison on money. Putting a cap on monthly spending helpful for parents of students

YOUR MONEY
Alison Griffiths
money@metronews.ca

I pay scant attention to announcements from my credit card company. Mostly they're telling me about higher fees, restrictions in benefits or otherwise trying to sell me something.

But recently CIBC announced a change to authorized user rules for its credit cards. This got my attention.

A primary user can now set a monthly spending maximum for each authorized user. This could benefit parents with students studying, working or interning away from home.

For example, parents paying all expenses for graduates on an unpaid internship might set a high limit. A college or university student living at home might have a lower limit with the agreed use restricted to something like gas for their car.

Setting up a student as an authorized user can offer peace of mind for parents in case of emergencies, but you don't want to put too much credit temptation in front of them.

I have one caution. For emergencies, such as a plane ticket home, the limit must be relatively high. If it is used, the limit is automatically reset the next month, giving the student access to a new amount of credit.

However, the primary user can raise or lower the authorized user's limit during a given month.

It is important to have a clear agreement for authorized users. For students, insist on a monthly spending report. This will help young people take responsibility for their spending and is the first step to making a budget.

But parents must still keep watch online and don't let any transgressions slide.

Another possible reason to have an authorized user is when a family member has gone through a bankruptcy and doesn't yet qualify for a credit card. I have done so in the past but would have felt a lot better being able to place a limit on total spending.

Employers might also find it handy to name employees as authorized users and set a limit for business spending.

But in the end, it's still up to the primary user to keep track of spending.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

In numbers

73.9

There are 73.9 million Visa and MasterCard cards alone in circulation in Canada.

Five life insurance myths debunked

Misconceptions. Trying to understand all the different options and benefits can sometimes mean sifting through all the associated myths

When it comes to life insurance, make the appropriate choice for you and your family. ISTOCK IMAGES

Life insurance is not a simple product.

To help set the record straight and help you make the appropriate choice for you and your family, RBC Insurance debunks the top five most common misconceptions:

My insurance needs are covered through my work coverage

Group life insurance plans typically only provide limited coverage and the insurance often ends when you change jobs. It's important to understand your coverage and fill in any gaps.

My investment can be put to better use elsewhere

Many life insurance policies provide protection for your loved ones along with a tax-sheltered investment option that can grow your money.

You only need life insurance if you work full-time or earn a high income

Regardless of your income or employment status, if you have dependents, for example, you'll need to cover childcare and housekeeping costs in a parent's absence.

Life insurance is too expensive

Life insurance can be cost-effective. A 10-year term policy, with a death benefit of $250,000, for a healthy 45-year-old Canadian male non-smoker would cost about $28 per month. A similar policy, with a death benefit of $200,000 for a healthy 35-year-old female non-smoker would cost $15 per month.

I don't need it because I have no dependents

Life insurance can help protect your partner from struggling with a single income and ensure your debts are paid, which is important whether you do or don't have children. NEWS CANADA

NHL

Alfredsson named a finalist for leadership award

Daniel Alfredsson of the Ottawa Senators, Dustin Brown of the Los Angeles Kings and Jonathan Toews of the Chicago Blackhawks are the three finalists for the Mark Messier NHL Leadership Award.

Daniel Alfredsson
GETTY IMAGES

The award is presented to the player "who exemplifies great leadership qualities to his team, on and off the ice during the regular season."

Alfredsson, the NHL's longest-serving active captain, leads the Senators in games played, goals, assists and points.

THE CANADIAN PRESS

NFL

Te'o being kept away from media

The San Diego Chargers are keeping Manti Te'o off-limits to the media — for now.

The star linebacker was barred from speaking with reporters at the Chargers' second open session of organized team activities.

That doesn't mean Te'o isn't out and about.

Maxim confirmed Monday that Te'o attended a party last week in Hollywood after the magazine included his fake girlfriend on its list of the world's hottest women.

THE ASSOCIATED PRESS

Red Wings goalie Jimmy Howard stops a shot from Blackhawks forward Viktor Stalberg as defenceman Carlo Colaiacovo gives chase on Monday night in Detroit. PAUL SANCYA/THE ASSOCIATED PRESS

Wings take control of series in Detroit

NHL playoffs.
Blackhawks suffer first two-game losing streak in nearly two months

Game 3

3	1
Red Wings	Blackhawks

The young Detroit Red Wings have made the mighty Chicago Blackhawks look vulnerable, beating them two straight times to gain an advantage in their last playoff matchup as Western Conference rivals.

Gustav Nyquist and Drew Miller scored 31 seconds apart midway through the second period and Pavel Datsyuk restored a two-goal lead in the third to help Detroit beat the Chicago Blackhawks 3-1 on Monday night and take a 2-1 lead in the second-round series.

As good as the Red Wings have looked — scoring six straight goals to earn momentum in the matchup — their hard-driving coach isn't ready to celebrate.

"We haven't done anything yet," Mike Babcock said.

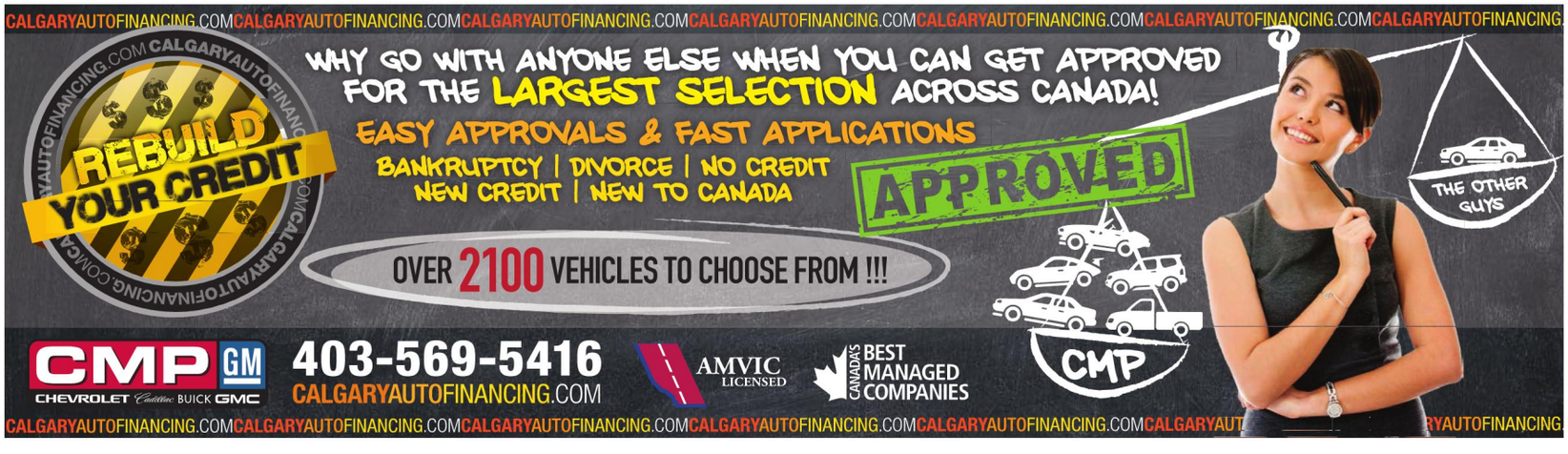
That's an understatement. If the seventh-seeded Red Wings keep playing like they are, the top-seeded Blackhawks will have a long off-season to wonder what went wrong in a season that looked like it was going to be special.

On Thursday night at home in Game 4, Detroit has a shot to put Chicago on the brink of elimination.

"It takes something like this to slap you in the face, so to speak, to really understand what adversity is and how tough the playoffs can be," Blackhawks captain Jonathan Toews said. "A lot of guys in this room have been in tough positions before in the playoffs and that's never stopped us. We know this is a long series and we're going to be fighting until the end."

Patrick Kane scored 4:35 into the third period to pull Chicago within one. About a minute later, the Blackhawks celebrated as if they tied the game, but Andrew Shaw's goal was waved off because he was in the crease. THE ASSOCIATED PRESS

4 SPORTS



Dickey helps Jays deliver a Victoria Day victory

Blue Jays first baseman Edwin Encarnacion hits a seventh-inning, three-run double on Monday in Toronto. CHRIS YOUNG/THE CANADIAN PRESS

MLB. Knuckleballer throws eight innings and Jays offence cashes in on Lueke's walks to top AL East-rival Rays

R.A. Dickey and the Jays found the win column, notching a valuable victory against an American League East opponent, but remain very much a work in progress.

Toronto needed Tampa Bay to help its cause on Monday, with Rays reliever Josh Lueke walking four — one intentionally —in an ugly seventh inning that propelled the Jays to a 7-5 win in a sun-splashed Victoria Day matinee.

Dickey (4-5) scattered four hits over a season-high eight innings, striking out five and walking four. The 38-year-old, who has suffered neck and back issues, says he has a ways to go yet — both with his health and knuckleball.

"It's still pretty inconsistent. I'm still walking more guys than I hope to, which is causing my pitch counts to be higher," said Dickey, who had ice on his right knee after the game. "That should have been a game where my pitch count should have been around 100 pitches after eight (innings) and I went 120-something.

"But you've just got to keep grinding it out. I've felt like I've been stuck in a quagmire for the last week, two weeks. So it's nice to feel like you've got at least one foot out of it."

Edwin Encarnacion provided the key offence, with a three-run double in the seventh.

Lueke (0-1) has only himself to blame after walking Emilio Bonifacio, Munenori Kawasaki and Jose Bautista with the game knotted at 3-3. Encarnacion, who has reached base safely in 22 of his last 25 games, then slammed a swerving ball into left field to clear the bases.

THE CANADIAN PRESS

Four-way tie at 1-1

Portland Winterhawks goaltender Mac Carruth stops a shot from London Knights forward Bo Horvat during round-robin action at the Memorial Cup in Saskatoon on Monday night. The Winterhawks won 6-3. Through four matches, all four teams in the tournament — which also features the Halifax Mooseheads and Saskatoon Blades — have won a game and lost a game. LIAM RICHARDS/THE CANADIAN PRESS

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And, to show our appreciation, every month we'll randomly draw 6-winners who will each win a $25 Tango gift card! Tango gift cards can be redeemed with top-name brands like Amazon, Starbucks, and iTunes®.
metro
Go to metronews.ca/panel and join today

NHL PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) VS. OTTAWA (7)

(Pittsburgh leads 2-1)
Sunday's result
Ottawa 2 Pittsburgh 1 (2OT)
Wednesday's game
Pittsburgh at Ottawa, 7:30 p.m.

BOSTON (4) VS. N.Y. RANGERS (6)

(Boston leads 2-0)
Sunday's result
Boston 5 NY Rangers 2
Tuesday's game
Boston at NY Rangers, 7:30 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. DETROIT (7)

(Detroit leads 2-1)
Monday's result
Detroit 3 Chicago 1
Thursday's game
Chicago at Detroit, 8 p.m.

LOS ANGELES (5) VS. SAN JOSE (6)

(Los Angeles leads 2-1)
Tuesday's game
Los Angeles at San Jose, 10 p.m.
Thursday's game
San Jose at Los Angeles, 10:30 p.m.

NBA PLAYOFFS

CONFERENCE FINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS INDIANA (3)

Wednesday's game
Indiana at Miami, 8:30 p.m.

WESTERN CONFERENCE

SAN ANTONIO (1) VS MEMPHIS (5)

(San Antonio leads 1-0)
Sunday's result
San Antonio 105 Memphis 83
Tuesday's game
Memphis at San Antonio, 9 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	28	16	.636	—
Boston	27	18	.600	1½
Baltimore	23	21	.523	5
Tampa Bay	23	21	.523	5
Toronto	**18**	**26**	**.409**	**10**

CENTRAL DIVISION

	W	L	Pct	GB
Cleveland	26	17	.605	—
Detroit	23	19	.548	2½
Kansas City	20	21	.488	5
Chicago	20	23	.465	6
Minnesota	18	23	.439	7

WEST DIVISION

	W	L	Pct	GB
Texas	29	16	.644	—
Oakland	24	22	.522	5½
Seattle	20	25	.444	9
Los Angeles	17	27	.386	11½
Houston	13	32	.289	16

Monday's results
Toronto 7 Tampa Bay 5
Chicago White Sox 6 Boston 4
Houston 6 Kansas City 5
Oakland 9 Texas 2
Cleveland 10 Seattle 8 (10 inn.)
N.Y. Yankees 6 Baltimore 4 (10 inn.)
Sunday's results
Toronto at N.Y. Yankees, ppd.
Texas 11 Detroit 8
L.A. Angels 6 Chicago White Sox 2
Oakland 4 Kansas City 3
Tampa Bay 3 Baltimore 1
Cleveland 6 Seattle 0
Boston 5 Minnesota 1
Tuesday's games — All times Eastern
Detroit (Scherzer 5-0) at Cleveland (Kluber 3-2), 7:05 p.m.
N.Y. Yankees (Hughes 2-3) at Baltimore (Gonzalez 2-2), 7:05 p.m.
Tampa Bay (Cobb 4-2) at **Toronto (Ortiz 1-1)**, 7:07 p.m.
Oakland (Straily 1-2) at Texas (Darvish 7-1), 8:05 p.m.
Boston (Doubront 3-1) at Chicago White Sox (Quintana 2-1), 8:10 p.m.
Kansas City (Davis 3-3) at Houston (Norris 4-4), 8:10 p.m.
Seattle (Harang 1-4) at L.A. Angels (Williams 2-1), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	26	18	.591	—
Washington	23	21	.523	3
Philadelphia	21	24	.467	5½
New York	17	25	.405	8
Miami	13	32	.289	13½

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	28	15	.651	—
Cincinnati	27	18	.600	2
Pittsburgh	26	18	.591	2½
Chicago	18	25	.419	10
Milwaukee	17	26	.395	11

WEST DIVISION

	W	L	Pct	GB
Arizona	26	19	.578	—
San Francisco	24	20	.545	1½
Colorado	24	21	.533	2
San Diego	20	23	.465	5
Los Angeles	18	25	.419	7

Monday's results
Cincinnati 4 N.Y. Mets 3
Miami 5 Philadelphia 1
Arizona 5 Colorado 1
Atlanta 5 Minnesota 1
L.A. Dodgers 3 Milwaukee 1
St. Louis at San Diego
Washington at San Francisco
Sunday's results
Atlanta 5 L.A. Dodgers 2
San Diego 13 Washington 4
St. Louis 4 Milwaukee 2
Miami 2 Arizona 1
Philadelphia 3 Cincinnati 2
Colorado 5 San Francisco 0
N.Y. Mets 4 Chicago Cubs 3
Pittsburgh 1 Houston 0
Tuesday's games — All times Eastern
Chicago Cubs (Samardzija 2-5) at Pittsburgh (Rodriguez 4-2), 7:05 p.m.
Minnesota (Pelfrey 3-4) at Atlanta (Hudson 4-3), 7:10 p.m.
Cincinnati (Leake 3-2) at N.Y. Mets (Niese 3-4), 7:10 p.m.
Philadelphia (Cloyd 0-0) at Miami (Fernandez 2-2), 7:10 p.m.
L.A. Dodgers (Greinke 2-0) at Milwaukee (Burgos 1-2), 8:10 p.m.
Arizona (Kennedy 2-3) at Colorado (Chacin 3-3), 8:40 p.m.
St. Louis (Wainwright 5-3) at San Diego (Volquez 3-4), 10:10 p.m.
Washington (Strasburg 2-5) at San Francisco (Cain 3-2), 10:15 p.m.

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
If you believe in what you are doing with all your heart, nothing can stop you. The Sun is now moving through the communications area of your chart. It should make it easy to get others to do your bidding.

♉ Taurus
April 21 - May 21
If you have a secret of some sort, you must keep it to yourself today. The moment you let one person in on the details, everyone will know. Some people are such gossips.

♊ Gemini
May 22 - June 21
Although the Sun is now moving through your birth sign, it seems you are still worrying about mistakes you made in the past. Why? Yesterday is over and done.

♋ Cancer
June 22 - July 23
You must expect to be more emotional about certain things over the next few weeks while the Sun creeps through the most sensitive area of your chart. Control those emotions but don't deny them.

♌ Leo
July 24 - Aug. 23
Try to stand back from what you are doing and see the bigger picture. You have come a long way in a short space of time and it's likely that you have veered a little off course.

♍ Virgo
Aug. 24 - Sept. 23
You can sense that huge responsibilities are coming your way and no doubt that makes you want to hide under the duvet until they pass. That won't help in the slightest. Get out there and get busy.

♎ Libra
Sept. 24 - Oct. 23
You don't need to bludgeon your way to success. Libra is one of the more subtle signs of the zodiac, so find ways to get what you want without making a big noise about it — and certainly without making more enemies.

♏ Scorpio
Oct. 24 - Nov. 22
Different people will tell you different things today and if you are smart, you will ignore every last word of it. Your sixth sense is all you need to work out what is really going on.

♐ Sagittarius
Nov. 23 - Dec. 21
If you have something to say then get to the point quickly because those you deal with today won't be in the mood to listen to long explanations. Save the speeches for when you got their attention.

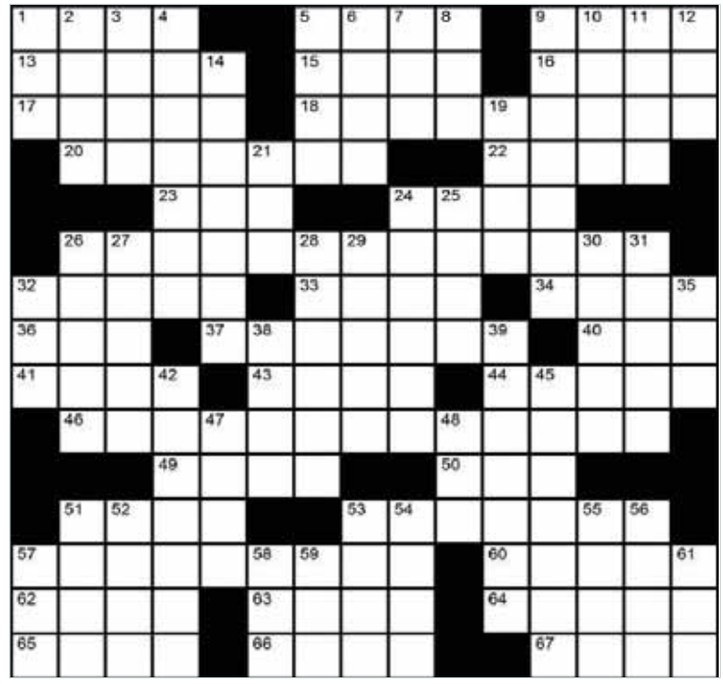
♑ Capricorn
Dec. 22 - Jan. 20
You've been so busy in recent weeks that you may not realize how much energy you have expended and how tired you are. The Sun's move through the wellbeing area of your chart urges you to slow down.

♒ Aquarius
Jan. 21 - Feb. 19
The only reason a colleague is being so critical is because they resent your success. There is nothing they can say to take away what you have earned so there is no need to fear them.

♓ Pisces
Feb. 20 - March 20
Matters close to home will take up a lot of your time over the next few days, so you will need to arrange your timetable with care so you have time to fit everything in. SALLY BROMPTON

Crossword: Canada Across and Down

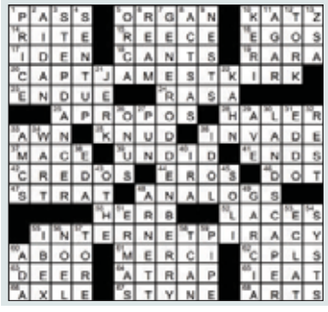
BY KELLY ANN BUCHANAN



Across
1. Comes with it, for short
5. Mr. Davis, Toronto-born broadcaster who hosted #57-Across
9. Pre-hatched chick homes
13. Ancient Greek city-state
15. Four-stringed instrs.
16. Prefix to 'script' (Written record from court)
17. Subway station's ticket area/entrance
18. Winnipeger who hosted #46-Across: 2 wds.
20. Journeys
22. Let up
23. Tee/ball/club org.
24. Gr.
26. PEI's provincial capital
32. Folk classic: "If _ __ _ Hammer"
33. Early-'80s hit: "_ __ (So Far Away)"
34. Thailand neighbour
36. Nada
37. Doesn't implement properly
40. "The Voice" network
41. Thomas Edison's middle name
43. Shipped off
44. Calculator ...when using the + sign
46. Classic game show since 1963: 4 wds.
49. Place
50. Canuck, for short
51. A birthstone for Libra
53. Pillar with a pyramid-shaped top
57. Classic Canadian quiz show, "__ __ Challenge"
60. Don't dine out: 2 wds.
62. Tenant's payment
63. Ringlet
64. Coin insertion places
65. Aquatic organism
66. Keel part
67. Disgorge

Down
1. Online ID addresses
2. Without a flat-screen, e.g.: 2 wds.
3. Greek Myth: Muse of history
4. Frog's furniture: 2 wds.
5. Seethe
6. Some old theatres
7. Poetic nightfall
8. Summer hrs. in Ottawa
9. Gasoline additive
10. Pate de foie __
11. Strong wind
12. Lorne Michaels' li'l show
14. Canadian distiller, Joseph E. __ (b.1841 - d.1919)
19. Today, tomorrow ...tiny-ly
21. 4 qts.
24. ___ of honey
25. 'Kero' add-on (Camping lamp)
26. Relax
27. Bisect
28. Bird: French
29. Grand __ Railway
30. "A Fish Called __" (1988)
31. __ Peace Prize
32. 'Tsar' suffix (Russian empress)
35. Computer monitor [abbr.]
38. 2002 Jennifer Lopez album: 'This __ __... Then'
39. Equipment for equestrians
42. __, Georgia
45. Turndowns
47. Clay-ish stuff
48. Type of tennis serve
51. Mr. Hershiser
52. Vintage video game
53. Fiend
54. Brussels is its cap.
55. Street sign
56. Tailed toy
57. Renaissance painter, __ Angelico
58. Li'l Dell products
59. Sea diver
61. Australian state [acronym]

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			8	2			5	7
6	9			7	1			3
	1				8		7	
	5	4				1	3	
	7		4				6	
7			9	3			2	8
9	2			6	5			

Friday's Sudoku

4	7	6	1	8	2	3	9	5
3	1	8	9	5	4	6	2	7
9	5	2	6	7	3	8	4	1
5	9	3	4	2	8	1	7	6
1	2	7	3	6	5	4	8	9
8	6	4	7	1	9	5	3	2
2	3	1	8	9	6	7	5	4
7	4	9	5	3	1	2	6	8
6	8	5	2	4	7	9	1	3

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 20° MIN: 8°	MAX: 16° MIN: 5°	MAX: 14° MIN: 7°

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2520 23rd St. NE

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Bow Valley Square

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The Core

Southcentre Mall

Westbrook Mall

Westhills Towne Centre

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2008 33rd Ave. SW

4623 Bow Trail SW

6039 Centre St. S

4825 Macleod Trail SW

Southeast

Deerfoot Meadows

Shepard Centre

16061 Macleod Trail SE

1288 42nd Ave. SE

3012 17th Ave. SE

4410 50th Ave. SE

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